

YOU ARE SOCIETY



Mostly legal, easy &
effective ways an
individual can impact our
world.

FOLLOW YOUR DREAMS

The fact that you are right here right now reading this means you are alive, and that is amazing!

There is only one certainty in life and that is that eventually your time to do things will run out. So how you spend your life is very important. Do what you love, and fuck the rest. If you are fulfilled and free, and do everything you can to create a world where others feel the same way, that is the whole point behind any revolution.

Warning: This zine has brief triggers.

GROW YOUR OWN FOOD

If you must buy food, buy from or trade with those that grow their own. Growing your own food allows you to know exactly how it was handled, it saves you a lot of money, and it makes boycotting corporations that much easier. There are so many techniques that fit every living situation no matter how cramped, dark, or dry, you can grow something. If you have a big lawn replace as much of it as you can with vegetation.

UPCYCLE

It is important to throw as little away into a landfill as possible. Whenever possible upcycle the things you no longer find useful into a new purpose. Recycling may be worthwhile as well, but do your research first. This current way of production is not sustainable; recycling will not save the environment.

LIVE ETHICALLY AND WITHOUT COMPROMISE

“Just doing my job” has been the justification given for some of the darkest moments in collective human history. In every single decision you make in life, it is your own responsibility to match your decisions with your own chosen ethics. If something is not inline with your ethics you have no obligation to take part in it or perpetuate it in any way. You have every right to refuse. Never do anything that insults your own soul.

DON'T WAIT FOR OTHERS TO DO SOMETHING

If you ever see something happen that you wish someone would stop, or you see something that needs done, never wait for someone else to do it (Unless someone has more legitimate authority than you do to act) simply do it.

WRITE TO PRISONERS

All prisoners are political prisoners. Write to our comrades who have been stolen from us by the state, but also write to anyone in prison. You don't have to discuss politics (in fact sometimes its better if you don't). It's good to let them know that people on the outside care about how they are doing and want them to be save and loved.

EDUCATE YOURSELF

Reading books and watching documentaries in your free time is a great start. Always be willing to learn and to seek out new experiences. Learn about everything you can in life. Especially learn about the type of ideology you use you describe your beliefs to others and learn all you can about ideologies other than your own. Action is necessary for change but knowing the history and theory behind our movements has its own importance. A major component to learning is not getting insulted when someone tells you that you are wrong. Listen to what they have to say then judge for yourself how accurate their ideas are. The most essential aspect of learning is disregarding old ideas completely when they have been proven wrong and adapting to new ones immediately when new realizations are made.

CALL IN SICK TO WORK

Every day spent not at a job (Especially at the expense of your employer) is a tiny victory toward escaping from a life of servitude and maintaining your own mental well-being.

GO VEGAN

Veganism has many benefits; Health, Consumer Boycott of the horrors of the meat & dairy industries (Torture, murder, & rape), the environment, and animal rights. Going vegan is one of the most effective personal activism tactics because every plant-based meal saves the life of an animal.

SPEND LESS MONEY

In every transaction that involves the necessities of life you can get most things for free, or for trade, if you know where to look. Know your local free services (Medical, food, etc) and dumpster dive. What you are unable to get or free, barter for. Make a list of your available skills and surplus items you can trade and ask for friends and neighbors to do the same.

SPEAK TRUTHFULLY

In a society so heavily saturated with misinformation the act of speaking truthfully and directly can be profound. Safety is an exception, especially with authority, you have no obligation to tell them the truth, aside from legal repercussions. Don't be scared or ashamed of your beliefs.

DON'T SLUTSHAME

Never tell anyone what they can and cannot do with their own body. This includes who they have sex with (and who they don't), how frequent or infrequent they have sex, or what they wear (including makeup or lack of makeup).

FEED STRAY ANIMALS

Every being deserves not to starve. If you have the means to share food then do so with the strays of the world.

REFER TO WOMEN AS WOMEN

An adult woman is a woman, not a girl. Be conscious of the words you use to describe and address others.

AFFECTION

Make sure it's consensual, but at any opportunity make sure to hug somebody and let them know you care about them. Giving away free hugs to strangers is also an option.

FILM POLICE

This tactic is more useful as a reaction rather than a planned action. If you see the police harassing someone (Do they do anything but that?) pull out your recording device & film the entire thing. Who knows, you could provide evidence for the person being harassed. NEVER give your footage to the police & educate yourself on your state's laws for recording.

USE GENDER NEUTRAL PRONOUNS

Unless someone has told you what pronouns to call them (he/she/they/etc) never assign a gender to anyone. In every circumstance when referring to someone you can say 'they' or 'person'. It is important to avoid gendered language (example: Say fire person instead of fire man) to question assumptions about social roles. No matter how mad you get at someone do not call them a gendered insult (Cunt/Bitch/etc). Don't perpetuate the idea that male is masculine and female is feminine (Question the legitimacy and necessity of expressions such as 'man up').

ADOPT AN ANIMAL

One direct way you can make a difference in an animals life is to adopt (Don't breed or buy while shelter animals die). A lot of 'shelters' kill the animals that are left in their care.

CONVERSE WITH YOUR NEIGHBORS

From a simple smile & wave or just saying “Hey, how's is going?” to striking up some actual conversation with the people in your community can have a lasting impact on where you live and society as a whole. Asking someone about their day shows them that someone else cares. Everyone has their own suffering & challenges going on in their lives and sometimes it's good for people just to know that someone else is there with them. You might even make a friend out of it. You'll definitely have a healthier community. Forming ties with those around you is also one of the most direct ways to change your surroundings. If everyone knows and cares about each other in a community it is much harder for outsiders (Landlords, police, utility companies) to treat us as badly as they want to because when they mess with one of us they are messing with all of us who stand together.

SUPPORT ALTERNATIVE MEDIA

Reading a variety of news from different countries and different view points is important in an effort to put together the most accurate version of a story. It should come as no surprise that the mainstream media is unreliable as it is simply one big advertisement for corporations and the PR arm of the Military-Industrial Complex. Keeping this in mind it is also important to share the news you read through social media and speaking with those you interact with throughout your day.

LEND A HELPING HAND

If you are able, always be willing to help people with tasks. However if they reject your help do not take it personally and be offended by it. They don't owe you gratitude and everyone is capable of deciding for themselves if they would like help. Try not to leave any situation worse than it was before you entered it.

ACKNOWLEDGE PRIVILEGE

Chances are if you are reading this you have had some kind of privilege bestowed upon you from birth based on nothing but chance (Race, Class, Gender, Able Bodied, etc). It's very important to remember that your own experiences in life are not always the same experiences that other people have. It is important not to ignore our differences (Example: "I don't see race"). We should acknowledge them and respect and celebrate each others cultures and identities. Ignoring these differences implies that the only way for oppressed groups to be equal is to be accepted into the oppressor group. When working with people who experience different types of oppression than you do focus on their needs, listen to what they have to say, and see how you can support their liberation and fight side by side for your own. We are not here to be the saviors of others.

WALK

For those who are able. It will make you healthier and feel better. Since you will be outside in your neighborhood it will be more likely for you to get to know your neighbors and your community. While you're walking you can also keep an eye on the police and be there in case a sexual assault needs to be disrupted.

BUY DEBT AND REFUSE TO COLLECT ON IT

Thanks to the rolling jubilee it's pretty easy now to buy someones debt (At a fraction of what they owe) and then instead of collecting on that debt you simply don't. Using the system against itself.
Rollingjubilee.org

NEVER JOKE ABOUT RAPE

Despite what the frat boys will tell you, it is not okay to joke about rape. Even the mere mention of the word can be triggering to someone who has experienced any kind of violation of their sexual consent. Jokes at the expense of any group of people (particularly victims of sexual assault) are not only really mean, they also encourage a culture in which victim blaming and rape are able to keep perpetuating unchallenged.

MOVE YOUR MONEY

As long as we still have to deal with the monetary system, it may be beneficial to move your money to a credit union rather than a corporate bank.

WORK SLOWDOWN

The less you do at work the more money you are costing your boss. The wage system is stealing your life and your labor, you have every reason to steal it back at your employer's expense.

SHARE FOOD

Whenever you can, wherever you can, as often as you can share food with those who are hungry.

FLYERING

You don't have to flyer just for events. You can make informational flyers about current issues, radical history, or political theory and hand these out to everyone, post them up on bulletin boards, etc.

NEVER CAT CALL

Never whistle at, yell at, or crudely compliment a woman you do not know. Women do not exist for your pleasure, they are human beings. Approach people more politely and do not treat them as objects.

CHALKING

The least permanent of all street art techniques, chalking can be an effective means for getting a message out in a legal way.

COLLECT RAINWATER

Laughably this is illegal in some places. Collecting rainwater & using it for any task that requires unfiltered water (Example: Watering your garden) helps utilize the natural resources we have and it can cut down your own water bill if you are not stealing it from somewhere else already.

GUERRILLA GARDENING

Garden in your living space not big enough? No worries there are lots of abandoned lots and government owned property you can grow your garden in. This world is ours, its resources are for all of us to share.

PROVIDE FREE CONDOMS

Don't be intrusive, make free condoms available to others. Providing them could help prevent an unwanted pregnancy or the further spread of STDs.

BE KIND TO EVERYONE

Being a 'gentleman' is a sexist concept. Be nice and respectful to everyone you meet unless given a reason otherwise. They are your fellow human beings.

VOTE IN LOCAL ELECTIONS

Despite the rhetoric we're saturated with every 4 years voting is the least effective tactics for promoting any kind of change in our world. Federal elections are meaningless, the best you can hope for is a protest vote for a 3rd party candidate. If you insist on voting make sure it is not your only participation in political change. If you compromise and vote for a candidate you don't fully support or who changes their rhetoric in office it is your responsibility to hold them accountable to their original promises. Where voting could be used as a tactic on occasion is on the local level. Usually still just a protest vote, or a way to get your issue more attention (If the local government doesn't sabotage your efforts to get it on the ballot). There are spots at every step of the process that local government can and will block your ideas; Sometimes they will pour money and resources into a counter-campaign & sometimes they will simply ignore your requests and deny you the process. With their own campaigns they will put it to a vote as many times as needed for it to pass. Sometimes reforms can be helpful, but we must always keep it within the context that while we push the walls of our shared cage to expand our freedom, we must also live as if those walls don't exist, and most important of all actively set out to tear those walls down.

DOWNLOAD, CREATE, & SHARE ONLINE CONTENT

If the handsome ghost of Carl Sagan were to exist, he may reflect on the parallels between the internet & the Alexandrian Library. Having accurate information for informed decision making is a necessity & a technological privilege we must utilize to its most full potential. Zines & Video projects are great tools for sharing information. Pirate radio, podcasts, & community radio are great as well.

STOP KILLING INSECTS

Insects are beings and have just as much a right to occupy space as us humans. Instead of smashing simply catch them in a cup and take them outside.

STICKERING

A great way to liven up your surroundings with some art or to spread some bit of information is to turn it into a sticker and place it anywhere you want. If you can't afford sticker sheets and a printer you can always take shipping labels from the post office and draw/paint on them.

IGNORE UNJUST LAWS

From smoking cannabis to exposing war crimes it is often necessary in life to break the law. Laws are a tool of authority & should be subjected to the same tests of legitimacy. If you don't find a law to be in line with your chosen ethics you have every 'right' given to you by your very existence to disregard that law completely. Just be sure to know and weight the consequences in case you are caught.

BANNER DROP

A well executed banner drop can accomplish the goal of an entire protest. The purpose is to get ideas/information to people. Get any large banner material (Bed sheets, table cloth, canvas, etc), spell out your message in duct tape, and paint all the negative space & remove the tape when the paint dries. Attach weights to the bottom of the banner (Plastic bottles filled with water, sand, etc tied to the banner with plastic bags) and top of the banner to hold it in place. Choose a location that will get as many people to see it as possible (Also aim for longevity). Bridges, billboards, & buildings are typical places for banners, be aware of trespassing & practice proper security culture.

CONSENT

In all interactions with other people but especially in those of a sexual nature consent should be the most important aspect. During any time during any activity a person has a right to tell you no and you have to respect that. You do not guilt them into anything, you do not make them explain why if they do not want to, you respect their right to say no. Just because a person does not say no, does not make it a yes either.

GO MINIMALIST

When you own very little you use what you have, you live more in the moment, you are easier able to go anywhere you choose with everything you need, & you limit your distractions. The less you own, the less you buy, this is important when the inherent exploitation of the capitalist system is considered. In the current system of production exploitation occurs at every level. Natural resources wasted on production, miners (a significant number of them children) who get the raw material for production, sweat shop slaves who have to assemble the products, factory workers who have to rebox or reassemble the products, products made from or tested on animals, wage slaves who have to sell the products, other wage slaves who have to sell their labor all day at work to purchase the products. And the environment that is polluted during the process and after the process when the majority of the products (Designed purposely to break) are thrown into landfills, streams, and onto poor nations.

IRONIC DISCRIMINATION IS STILL DISCRIMINATION

Just because you do not actually mean it does not make it okay to make racist, sexist, classist, queerphobic, ableist, or any other kind of jokes that are based on discriminating against a marginalized person or group of people. The intentions may be different but the results are the same. It perpetuates the behavior that you are treated worse (Being made fun of) simply because of something you didn't choose. Everyone has the ability to say anything they want to. But there are consequences for the words we choose to use and thoughts we choose to express. It may seem radical to say things that are not well accepted within society but actually many of these things, despite being censored, are actually some of the most common and accepted sentiments within society; it isn't actually challenging anything to use a slur. Accidental racism is something that happens as well, people often don't realize when they are being racist. If someone points out to you that you are behaving in a discriminatory way do not get defensive. Listen to what the person is saying to you and seriously take it into consideration.

WRITE ON PAPER MONEY

It's one way to get your message to strangers and to keep it circulating.

NEVER CALL THE POLICE

Police presence always escalates a situation. In the justice system cops are given extra rights above other citizens. They can break the law however they want (Including assault, rape, and murder) & receive little if any punishment for doing so (Generally they are given paid leave or fired at most). If no one is going to be harmed it is absolutely essential to NEVER call the police. Community involvement can generally replace police presence. If you call the police on other activists for any reason you should be considered an enemy and untrustworthy.

HAND OUT ALTERNATIVE INFORMATION

Two good places to do this at are military recruiting stations and payday loan services. Simply print out flyers with information on why not to join the military (Murdering innocent people, horrific rape statistics, the fact you'll likely come home dead, etc) & hand them out anywhere those military vultures are trying to prey on young poor people. Your town may have a recruiting station and you can usually find recruiters at job fairs, schools, or any event that has tableting. Flyering payday loan offices can also be targeted with information about other options those seeking their services may be able to use and how badly they are being exploited.

SQUAT

For every homeless person in the US there are 24 empty homes. There are many buildings left unattended that a person can make a temporary or long term home. Negligent landlords and closed businesses/government buildings can house many people. Housing is a human right; take it if you have to.

DUMPSTER DIVE

From checking out the curbs on trash day to literally diving into dumpsters this is the best way to get everything you need in life for free. Be safe, know what you're digging through before you get into it, and only eat things you think are not going to make you sick. Almost everything I personally own I have found in a dumpster. It is very common for people to throw away items in perfect condition. The extra stuff you find either leave for someone else or give away. Let's keep these items out of landfills.

COMPOST

A significant portion of landfill waste in The United States is food waste (Enough to feed the entire country of Haiti, which thanks to documents exposed by whistle-blower Chelsea Manning we know the US govt had a large part in fighting an increase to their minimum wage). This could easily be reduced to 0% Food is biodegradable & many types of it are great for healthy soil. So when you have food left over (You should always eat everything you can that isn't spoiled) either throw it on the ground or add it to a compost heap.

FREE SCHOOL/SKILL SHARE

Knowledge is meant to be shared with everyone for free. Set up a skill share/free school. Only when everyone has equal access to information will direct democracy be possible. If someone wants to keep information from you they most likely do not want you to know because it involves them exploiting you or someone else. Always strive to learn new information and possess as many skills as possible.

LOVE SOMEONE

Love is passionate, reckless, & loud in a quiet world. When you love someone or something you're willing to give them a better world & you are willing to get each other's backs no matter what. The state can never break us apart when we have strong bonds of love & solidarity whether it be family, comrades, or romantic. Always remember to "Check in regularly with your intimate partner(s) to make sure they feel comfortable, fulfilled and empowered by your intimacy."

POINT OF PURCHASE PROTEST

While we should strive in life not to purchase anything, sometimes this is an unfortunately unavoidable event. When making purchases be as knowledgeable as possible about what you are supporting by buying a product. Make sure what you are buying is vegan, and union/local whenever possible. Always keep in mind that we cannot create a better society through purchases alone and that any solution that is sold to you as something you have to buy is no solution at all.

DISABLE SURVEILLANCE CAMERAS

Surveillance cameras are a void of your consent and nothing a little tape, paint, or a hammer can't take care of. Be smart. Be safe.

MUTUAL AID

If you are able to physically help in some way always choose this over charity. NEVER give money to American Red Cross; they exploit disasters to make a profit & have shown time & time again their inadequacy (much like FEMA). Also make sure not to give money to the Salvation Army; they have a long anti-LGBTQ* history. Both these organizations like many NGOs have an ineffective hierarchical structure where much of their funds are wasted on infrastructure of the organization itself (Salaries, marketing, office space).

TRAP NEUTER RETURN

Catch stray animals, get them sterilized, and return them back to the wild. Always get your own pets fixed. Humans irresponsibly bred some animals to be domestic & depend on humans for survival. Now humans have allowed these animals to overpopulate & destroyed their habitats. Now as a result many animals starve or freeze to death & when taken to 'shelters' are executed.

WHEAT PASTING

Wheat pasting is a great way to get a message semi-permanently into the surroundings of your community. Mix 3 parts water to 1 part flour (Some people also add in sugar) in a pot of boiling water and mix it well (DO NOT let it boil over). Take a brush, lay down a layer of your mixture onto the surface you want to put a pasting on, put your paper on that spot, and put another layer of paste over the poster. Once it is dry a pasting can stay up for a full year.

BAIL SOMEONE OUT OF JAIL

Jails/prisons function as nothing more than walls separating us from taking care of one another. The majority of people in the US prison system are nonviolent offenders (Most sex offenders don't even spend one day in jail). Something nice you can do for someone who has been stolen from us by the state is to pay their bail either upon request (Generally when activists get arrested during an action) or at random (Contact the prisoner ask first); who knows someday someone might bail you out of jail. With over 3 million people in prison in the US it is a reality for many of us.

GRAFFITI

Caution: This can be a felony. Painting your message over corporate advertising is a great way to not only get your message out, but also to reclaim our space back from advertisers who did not get our permission to put a dollar sign on every thing on this planet. Bring some beauty back to your static neighborhood.

SHOPLIFTING (FROM BUSINESSES)

Property by its very existence is theft. When you take from the exploitative forces you are liberating the items away from those who stole the labor it took to create the item. As with anything weigh the consequences before hand in case you are caught.

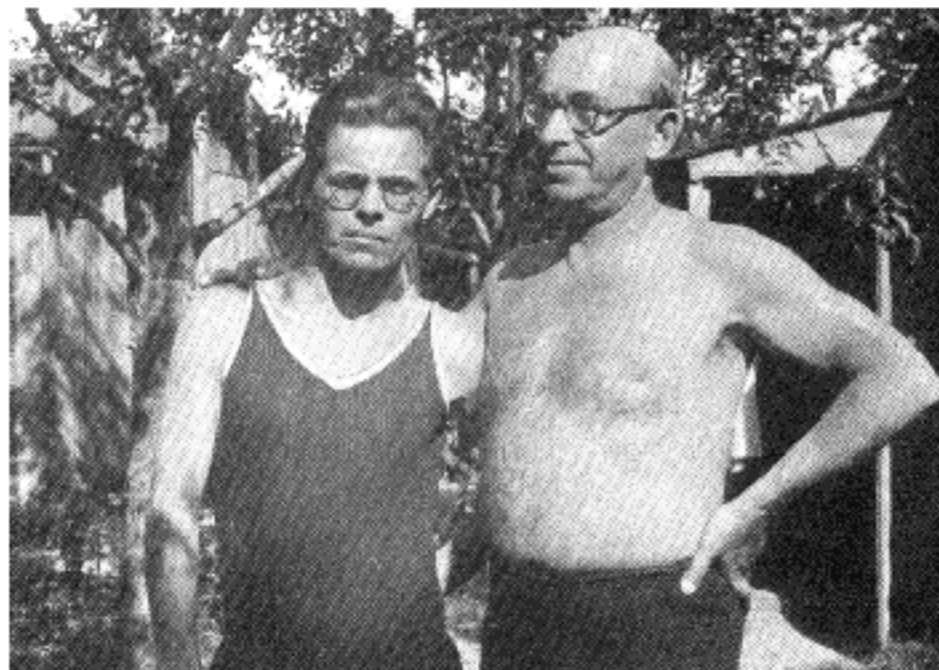
MEDITATION

Helpful for stress, decision making, and mental health.

BOYCOTT THE MILITARY/NATIONAL GUARD/POLICE

Our friends, family, and neighbors are autonomous and make their own decisions. However if anyone ever asks for your opinion you should never respond positively to them expressing interest in joining the US military, national guard, or becoming a police officer. It is well known that these are jobs sometimes used to get out of poverty, we must create a culture that knows there are other options (We also must do everything we can to expand these options) as well as a culture that does not respect or support police officers or soldiers. They are nothing more than trained killers.

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All the examples in this book are actions you as an isolated individual can do easily in your own life. There are many other types of actions that carry more risk or are more involved that you can take part in. There are also a multitude of actions that can be taken as a group, which is a necessity. So while you may utilize all this information in your own life, it is crucial that you join the existing movement and start new movements yourself. Only through working together can we all create a world worth living in. <3

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